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MAY 10 2004

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April 27, 2004

Via Certified Mail Return Receipt Requested

Office of Nutritional Products, Labeling
and Dietary Supplements (HFS-810)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740

NOTIFICATION OF STATEMENT
OF NUTRITIONAL SUPPORT

On behalf of Instone, LLC, Irvine, California 92612, the undersigned files this notification pursuant to section 403(r)(6) of the Federal Food Drug and Cosmetic Act and 21 C.F.R. § 101.93. The certification required by 21 C.F.R. § 101.93(a)(3) is also attached.

Brand Name: INTAKEPERFORMANCE™

Statements of Nutritional Support:

- Builds and maintains powerful lean muscle
- Enhances recovery from intense training
- Maintains a healthy metabolic rate
- Improves protein synthesis, immune function and digestive health
- Accelerates loss of body fat
- Maintains healthy blood sugar levels
- Optimizes protein and nutrient delivery
- Reduces hunger

The above label also includes the disclaimer statement required under 21 C.F.R. §§101.93(b) and (c).

Collins, McDonald & Gann

By: Alan Feldstein
Of Counsel to the Firm

Attachment – Certification

cc: Instone, LLC.

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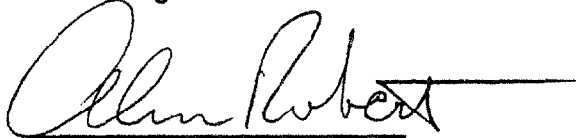
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WWW.INSTONENUTRITION.COM

21 C.F.R. § 101.93(a)(3) Certification

To the best of my knowledge and based on information and belief at the time of executing this notice I certify that the information contained in the preceding section 403(r)(6) notice for INTAKEPERFORMANCE™ dietary supplement is complete and accurate and that Instone, LLC has substantiation that the statement is truthful and not misleading.

A handwritten signature in black ink, appearing to read "Alan Roberts", with a horizontal line extending to the right.

Alan Roberts, M.Sc.
Senior Director of Product Development
And Regulatory Affairs